

What's New in 2022?

CareFirst BlueCross BlueShield (CareFirst) will be our new medical and pharmacy carrier in 2022. Starting January 1, 2022, CareFirst replaces UnitedHealthcare (UHC). You may be wondering what programs are staying, what other changes are coming, and what is staying the same. The following chart outlines your current benefit and wellbeing programs and what they look like in 2022.

2021 Benefit	2022 Benefit	What You Need to Know
National medical plans through UnitedHealthcare (UHC)	National medical plans through CareFirst BlueCross BlueShield	<ul style="list-style-type: none"> Check if your medical provider is in network at carefirst.com/usps. You will receive your new medical ID card in January. Make sure to share with your medical providers. Keep your UHC medical ID card in case you want to access past medical claims (available at myuhc.com until 6/30/22).
Drug/prescription benefits through UnitedHealthcare (UHC)	National medical plans through CareFirst BlueCross BlueShield	<ul style="list-style-type: none"> Check if your prescriptions are covered at carefirst.com/usps. If you are currently engaged with mail order prescriptions, you will need to change to the CareFirst/CVS mail order program. Your new medical ID card (that you will receive in mid-December 2021) can be used for your prescriptions.
Dental insurance through UnitedHealthcare (UHC)	National dental plan through CareFirst BlueCross BlueShield	<ul style="list-style-type: none"> Check if your dental provider is in network at carefirst.com/usps. You will receive your new Dental/Vision ID card in mid-December 2021.
Vision insurance through UnitedHealthcare (UHC)	National vision plans through CareFirst BlueCross BlueShield	<ul style="list-style-type: none"> Check if your vision provider is in network at carefirst.com/usps. You will receive your new Dental/Vision ID card in mid-December 2021.
Wellness through Rally	Wellness through Sharecare	<ul style="list-style-type: none"> Sharecare, your new health and wellness engagement platform, provides personalized resources to live your healthiest life. Get started at carefirst.com/sharecare after 1/1/22.
Healthy Rewards through Rally	Healthy Rewards through CareFirst	<ul style="list-style-type: none"> Healthy Rewards steps and incentive stay the same.
Real Appeal	ScaleBack weight loss program through CareFirst	<ul style="list-style-type: none"> If you are currently engaged with the Real Appeal program, you will need to change to the CareFirst Scale Back virtual weight loss program.
Diabetes program	CareFirst Diabetes Virtual Care	<ul style="list-style-type: none"> CareFirst will contact you to participate in this program.
Personal coaching through Optum	Personal coaching through CareFirst	<ul style="list-style-type: none"> If you are currently engaged with a coach through Optum, you will need to change to CareFirst.

2021 Benefit	2022 Benefit	What You Need to Know
Disease management through Optum	Disease management through CareFirst	<ul style="list-style-type: none"> ■ If you are currently engaged in a disease management program through Optum, you will need to change to CareFirst.
Quit for Life through UHC	Craving to Quit through CareFirst	<ul style="list-style-type: none"> ■ Getting help to stop tobacco use is important. ■ Enroll via the Sharecare portal online.
Nurseline	First Help	<ul style="list-style-type: none"> ■ Free 24-hour nurse advice line for non-work-related injuries. Call 800-535-9700 anytime to speak with a registered nurse about your symptoms.
Virtual Visits through UHC	Video Visits through CareFirst	<ul style="list-style-type: none"> ■ CareFirst offers Video Visits through Amwell for minor medical issues as well as therapy/psychiatry, diet/nutrition and breastfeeding support. ■ Download the CareFirst Video Visits app for use in 2022.
Maternity support through UHC	Maternity support through CareFirst	<ul style="list-style-type: none"> ■ Maternity and family resources are available through your CareFirst BlueCross BlueShield wellness program. Get started at carefirst.com/sharecare.
Substance abuse support through Optum	Substance abuse support through CareFirst	<ul style="list-style-type: none"> ■ CareFirst offers substance use support with a crisis hotline at 800-245-7013.
Health Reimbursement Arrangement (HRA) through UnitedHealthcare Optum	Health Reimbursement Arrangement (HRA) through CareFirst (Further)	<ul style="list-style-type: none"> ■ You will receive two new debit cards, both in the employee's name. Your spouse/domestic partner can sign the back of one of the cards in order to be considered an authorized user. ■ In-network claims will be automatically reimbursed to the employee.
myuhc.com	<i>MyAccount</i>	<ul style="list-style-type: none"> ■ Register and login at carefirst.com/myaccount to find a network doctor near you, manage your claims, and more.